

NOVEMBER-DECEMBER 2014 | PROGRAMS, SERVICES AND ACTIVITIES

SENIOR CENTER

Activity 50+



MORE THAN YOU IMAGINED

Hours: Mon-Fri 8am-5pm | Extended Hours Mon-Wed 5pm-9pm
253-931-3016 | www.auburnwa.gov/seniors

AUBURN
MORE THAN YOU IMAGINED

VETERANS DAY LUNCH

AUBURN SENIOR ACTIVITY CENTER

MONDAY, NOVEMBER 10TH, 2014 FROM 11:30 A.M. - 1:30 P.M.

**MENU: FRIED CHICKEN, MASHED POTATOES AND GRAVY, BROCCOLI
AND CAULIFLOWER, ROLL, PEACHES, PUNCH, AND DESSERT**

**SUGGESTED DONATION: \$3 FOR AGES 60+, \$6 FOR THOSE UNDER 60
#42205**

**COME CELEBRATE OUR VETERANS AS WE ENJOY LIVE MUSIC
FROM THE JBLM BAND AND GUEST SPEAKERS FROM OTHER
VETERANS ORGANIZATIONS!**

**A FREE QUILT OF VALOR WILL BE
GIVEN AWAY AS A DOOR PRIZE.**



AUBURN
MORE THAN YOU IMAGINED

Auburn Senior Activity Center
808 Ninth Street SE, Auburn, WA 98002
auburnwa.gov/seniors | 253-931-3016

MORE ^{fun} THAN YOU IN

The days are getting shorter which means that the Holiday Season is quickly approaching. We love November and December at the Senior Center. We offer an abundance of activities and special events to get you in a festive mood. (See page 10-11). Be sure to purchase special meal tickets ahead of time. These events sell out quickly.

The building is decorated and our famous train village delights all. As we welcome in the New Year, we also take time to reflect back and be thankful for all we have. The Senior Center is a place of friendships, activities, and support. No matter your interest, we have something for all adults age 50 plus.

We make Holiday shopping easy. Do you know Auburn area family members or friends who enjoy Senior Center trips, lunches, Meals on Wheels, foot care, classes, or a good cup of coffee at the coffee bar? We can help with personalized Senior Center gift certificates. See staff for more information.

As 2014 comes to an end, and we prepare for a New Year full of activities, we want to take time to thank you for participating in our programs. We consider you our family away from home and are honored to serve you.

From all of us to all of you, Happy Holidays!

Radine Rocky Matthew Janet Jessica Peggy

Radine, Rocky, Matt, Janet, Jessica, Peggy

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Auburn Senior Activity Center

808 9th Street SE | Auburn, WA 98002

253-931-3016 | www.auburnwa.gov/seniors

Mon-Fri, 8am-5pm | Evening Hours: Mon-Wed, 5-9pm



Online

You're First in Line

www.auburnwa.gov/play

Online Registration Is Easy!

- Set up your personal account.
- Search for your favorite classes and activities.
- Register online with our secure system.



Convenient

The flexibility to register and pay at your convenience, anytime, from anywhere.



Time-Saving

In less than five minutes, you can setup your account and enroll for your program.



Easy

Three simple steps, and you'll be enrolled in the program of your choice.



Eco-Friendly

You don't have to burn gas driving over to register in person, and it saves paper too.

Trips and tours

Dine Outs: Lunch & Dinner

Maltby Cafe - Breakfast

The Maltby Cafe is a winner of several awards for Best Breakfast in Seattle. Sign-up today! Breakfast is on your own. Price Range: \$10-\$15

Nov 12 **W** **9a- 1p** **\$10/\$12** **42182**

C.I. Shenanigans

This restaurant is dedicated to bringing you the best seafood, steaks, and cocktails in Tacoma. Right on the Tacoma waterfront, enjoy a beautiful view while you dine. Dinner is on your own. Price Range: \$20-\$45

Nov 19 **W** **4- 7:30p** **\$7/\$9** **41963**

Anthony's in Des Moines

Indulge in a 4 course sunset dinner special with a water view at Anthony's in Des Moines. Dinner is on your own. The sunset dinner is \$22.

Dec 3 **W** **4:30- 7:30p** **\$7/\$9** **42187**

Buca di Beppo

Enjoy a 4 course family style lunch at one of Seattle's best Italian restaurants. We will enjoy a pre-selected menu of two different salads, one pasta and entrée, and a dessert. One non-alcoholic drink is included too. Meal is included in price.

Dec 17 **W** **11a- 3p** **\$40/\$44** **42188**

Items to Note:

- **Individuals taking trips or tours with the Senior Center need to complete a confidential form, which includes health insurance information, emergency contacts, medications taken, etc. Forms are sent with the escort on each trip so if there is a medical emergency, we can act effectively on your behalf.**
- **Those needing special assistance on any trip need to see staff regarding handicapped accessibility.**

Senior Van Trips

Nordic Heritage Museum/Rays Boathouse

Visit a place where history comes alive! The Nordic Heritage Museum is the only museum in the United States to honor the legacy of immigrants from the five Nordic countries: Denmark, Finland, Iceland, Norway and Sweden. Lunch will be on the water at Ray's Boathouse Cafe. Time/ weather permitting we will make a stop at Ballard Locks too. Sign up today for a fun filled day! Lunch is on your own. Price Range: \$8-\$25

Nov 6 **TH** **9a- 4:30p** **\$12/\$15** **42181**

Tulalip Casino, Seattle Premium Outlet Mall and Cabellas

Spend the day shopping, gambling or both. Our van will transport you to all three neighboring locations. Fee includes transportation. Lunch is on your own.

Nov 13 **TH** **9a- 4:30p** **\$12/\$15** **42184**

Holiday Parade of Lights- Waterway Cruises

Join the celebration aboard a beautiful Waterways yacht as we take our place among dozens of festively decorated boats in the annual Holiday Parade of Lights Cruises. Sip on hot apple cider or a handcrafted winter cocktail and take in the spectacular views of the dazzling displays of holiday lights as you cruise. The joyful singing of carolers will add to your enjoyment of this special time of the year. Fee includes a delicious buffet of Holiday favorites, boat cruise and transportation.

Dec 4 **TH** **5:45-10:30p** **\$65/\$70** **42185**

Item House Coat Factory

We have been invited to a special seniors only private Dock Sale at Item House in Tacoma. Item House designs, manufactures, and distributes quality, fashionable women's and men's coats and outerwear under the Kristen Blake, Trina Turk, George Simonton, Forecaster of Boston, Sachi, Metro, Blake, and Pendleton labels. Whether you desire the latest trends, the perfect coat for the northwest or even outerwear to suit a particular climate, Item House provides it. They ship thousands of coats and outerwear annually to major department stores such as Nordstrom, Saks, Lord & Taylor, Bloomingdale's, Macy's, and even Costco, as well as to specialty stores across the nation.

Following the sale we will have time at the Tacoma mall for an independent lunch and a little Holiday shopping.

Dec 5 **F** **9:15a- 3p** **\$10/\$13** **42186**

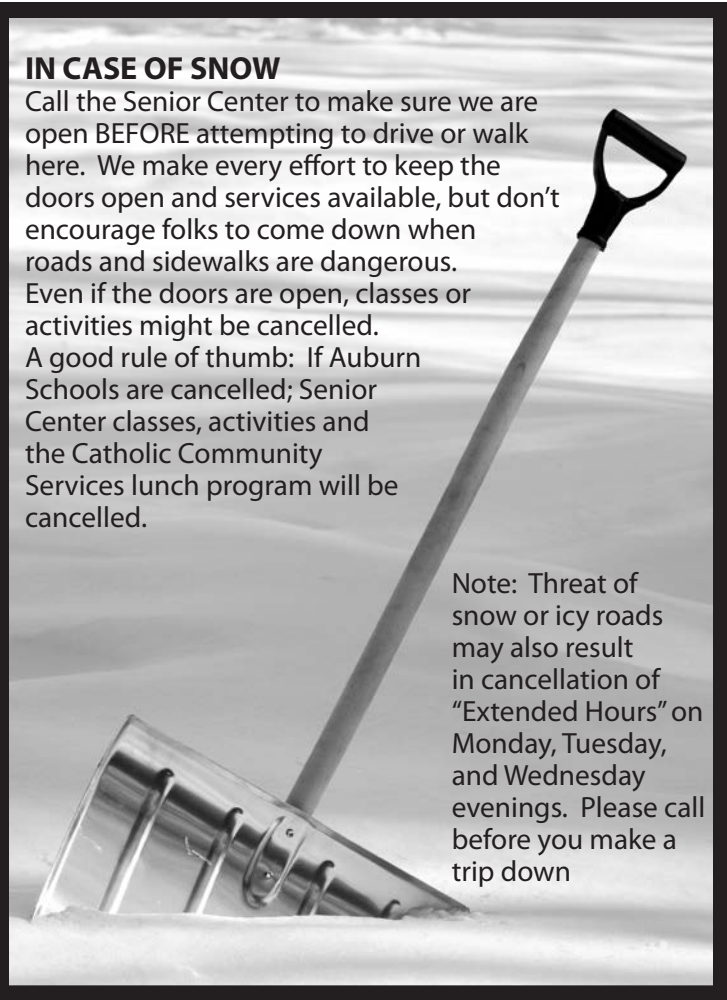
Fantasy Lights in Spanaway/Samurai Japanese Steakhouse

Experience one of the best holiday light displays in the northwest at Fantasy Lights in Spanaway. Before we set off on our holiday adventure enjoy great food at the Samurai Japanese Steakhouse. Dinner is on your own. Price range:\$10-\$30

Dec 10 W 4a- 9p \$12/\$15 42180

IN CASE OF SNOW

Call the Senior Center to make sure we are open BEFORE attempting to drive or walk here. We make every effort to keep the doors open and services available, but don't encourage folks to come down when roads and sidewalks are dangerous. Even if the doors are open, classes or activities might be cancelled. A good rule of thumb: If Auburn Schools are cancelled; Senior Center classes, activities and the Catholic Community Services lunch program will be cancelled.



Note: Threat of snow or icy roads may also result in cancellation of "Extended Hours" on Monday, Tuesday, and Wednesday evenings. Please call before you make a trip down

Cultural Corner

A Christmas Story- 5th Ave

A Christmas Story: The Musical is a musical version of the film A Christmas Story. The musical takes place in the 1940's in Indiana and focuses on a child named Ralphie. Ralphie wants only one thing for Christmas: an official Red Ryder Carbine-Action 200-shot Range Model Air Rifle. Remembering the innocence of youth, follow Ralphie's hilarious account of his desperate quest to ensure that this most perfect of gifts ends up under his tree this Christmas. Before the show we will enjoy an independent dinner across the street at Rock Bottom Brewery.

Dec 16 T 4-10:30p \$83/\$88 42203

Outdoor Adventures

New

Outdoor Adventures are not handicap accessible

Seattle by Segway

The tour begins by exploring the Seattle waterfront, where we'll glide past the Aquarium, boat tour companies, and a variety of restaurants. After maneuvering past the Washington State Ferry Terminal, we'll head up into Pioneer Square. Next we'll head through the art district to Pike Place Market all the way to the Space Needle. After a quick break, we'll head downhill and explore the glory of Myrtle Edwards Park, which stretches down the north end of the Waterfront. After looking for seals and other sea life, we'll zip back over to our starting point, where you will be the envy of everyone there as they see you glide in on your Segway! Tour includes tour and transportation. There will be an independent lunch on the waterfront following the tour.

Nov 17 M 10:15a- 3:45p \$115/\$120 42183

Bald Eagle River Float

The Skagit River Bald Eagle Nature Preserve is host to the largest population of Bald Eagles in the continental United States. Migrating to feast on spawning salmon, hundreds of bald eagles migrate every winter from Vancouver Island and British Columbia to enjoy the relatively warm climate of the Skagit Valley. The Skagit River Eagle Watching tour allows you to quietly drift by and photograph bald eagles perched in nearby cottonwood trees and soaring overhead with their magnificent seven-foot wingspan. Bring a sack lunch and bring warm clothing.

Jan 6 T 8a- 5p \$90/\$95 42179

BALD EAGLE RIVER FLOAT



Red Hat Society: Auburn Mad Hatters

On **Monday, November 10th** we will go to Federal Way for lunch at Tokyo Japanese restaurant. Lunch is prepared on the grill and cooked in front of you. It is a fun place to go and the food is great. After lunch we will do some shopping in the area. The Wine Shop, Michaels, Ross, and other stores are in the shopping center next to the restaurant. Lunch is on your own and transportation is \$3.00. We will leave the Senior Center at 11:00.

On **Monday, December 22nd** at 11:00 we will have our annual meeting and Christmas potluck at the Senior Center. Bring a hot dish, salad, or desert to share. We will have a gift exchange with a dollar limit of \$10.00. Gift should be a red or purple item. Bring ideas of what activities you would like to do next year and what places you would like to visit. Canned food donations are always welcome and needed at this time of year.

Let me know if you want to go on the November trip. Jerry Merriman 253 752 6700 or email to jmerriman5@q.com.

Seattle Seahawks vs Arizona Cardinals in Phoenix AZ



December 19-22, 2014

4 days, 3 nights

\$1250 Double Occupancy

\$1450 Single Occupancy

\$250 Deposit balance due October 13

#42125

Tour price includes:

Roundtrip airfare from Seattle to Phoenix on Alaska Airlines • 3 nights lodging at the Windmill Suites in Surprise, AZ • Senior Center Escort • Transportation to and from Airport • Day trip to Sedona AZ • Ticket to game • Includes 3 breakfasts

Auburn Senior Center
Presents:



Tropical Costa Rica

Highlights:

San Jose • Coffee Plantation • Guanacaste • Monteverde Cloud Forest • Hanging Bridges • Arenal Volcano • Lake Arenal Cruise • Cooking Demonstration • Cano Negro Refuge • Zarcero • National Theatre

9 Days- 14 Meals: 8 Breakfasts, 6 Dinners



Per Person Rates:

Double: \$2,449; Single: \$2,949
Deposit: \$250, Travel Insurance: \$260

Departs March 2015

Islands of New England

Highlights:



Providence • Boston • Newport • Cranberry Bog • Plymouth Rock • Plimoth Plantation

• Cape Cod • Nantucket • Martha's Vineyard • Hyannis • Providencetown • Whale Watch or Sand Dunes • Lobster Dinner

8 Days • 11 Meals: 7 Breakfasts, 1 Lunch, 3 Dinners

- Spend four nights at an oceanfront Cape Cod hotel enjoying a private sandy beach.
- At Plimoth Plantation, journey back in time to the 1620s when the Mayflower landed in Plymouth, Massachusetts.
- Spend a day exploring Nantucket, known for its beautiful cottages and cobblestone streets.
- Enjoy a guided tour of a working New England cranberry bog.
- Celebrate the taste of Cape Cod with a traditional New England lobster dinner.
- \$250 Deposit, Travel insurance is \$205

Travel Presentation:
January 8, 1:30 p.m.

Per Person Rates:

Double: \$2,579, Single: \$2,979
Price good until May 1, 2015

Departs October 2, 2015

Pool Tables

Open Pool Room: Monday-Friday

Except for Friday afternoons and Monday evenings during tournaments.

There is always hot competition in the pool room. Come and join the fun – all players are welcome.

Daytime Pool Tournaments

Tournaments have priority on all three tables.

Because of the popularity of tournaments, they often last several hours.

If you plan to participate, please be prompt.

Wednesday Pool Tournaments

1st Wednesday at 1:30 p.m.: Scotch Doubles
\$1 donation suggested for refreshments
(sign up in Pool Room by 1 p.m.)

Friday Pool Tournaments

Fridays at 12:45 p.m. (sign up in Pool Room by 12:30 p.m.)
1st Friday: Open
2nd Friday: Men's 8-ball
3rd Friday: Open
4th Friday: Men's 9-ball

Evening Pool Tournaments

Mondays: 6-9 p.m. (sign up in the Pool Room by 5:45 p.m.)
1st Monday: Mixed Doubles 8-Ball
2nd Monday: Ladies 8-Ball
3rd Monday: Mixed Doubles 9-Ball
4th Monday: Ladies 9-Ball

Table Tennis

Players of all abilities are welcome to play this entertaining game on Tuesday afternoons.

Tuesdays, 2-4:30 p.m., Free



Gymnasium at Les Gove Park

Open Gym Schedule

The Gymnasium at Les Gove Park is attached to the Auburn Parks, Arts & Recreation Building (PRAB), located at 910 9th Street SE, just next to the Senior Center. Entrance to the Gym is through the PRAB. Volleyball will begin on September 16.

Volleyball, Basketball, or Pickleball:

Tuesday & Thursday: 11:30 a.m. - 1 p.m.

Pickleball: Monday & Wednesday: 12 - 1:30 p.m.

Fees: \$2 Drop-in; \$10 Monthly Pass; \$25 Quarterly Pass

Volleyball

Come on down to play this fun and exciting game in the Gymnasium at Les Gove Park. Seniors of all abilities are welcome to play this co-ed game. The entrance to the Gym is through the PRAB office.

Cost: \$2 Daily Drop-in,
\$10 Monthly pass,
\$25 Quarterly Pass

**Tuesdays & Thursdays,
9:30-11:30 a.m.**



Free Swims at the YMCA

The Auburn YMCA, located at 1620 Perimeter Road SW, offers free swimming opportunities to City of Auburn residents.

Family Swim (both pools)

Sundays, 5-6 p.m., through December 28

Lap Swim (in three lanes)

**Tuesday & Thursdays, 8-9 a.m., through
December 30, Water Aerobics (limit 20)**

**Tuesday & Thursdays, 9-10 a.m., through
December 30.**

Hikes and walks



Hikes

Seward Park/ Lake Washington Miles: 5 Rating: 2

Hikers and walkers unite for a joint experience. Together we will walk one of the trail loops at Seward Park. The trail winds through mixed forest and along the shore of Lake Washington. Following lunch walkers will have the opportunity to return to the senior center while hikers complete the second loop of Seward Park and walk along Lake Washington Boulevard to complete our 5 mile distance. The park trails are unpaved and may have exposed roots, rocks and muddy patches.

Nov 7 F 9:30a-2:30p \$8/\$10 42189

Pt. Defiance Miles: 5 Rating: 2

This loop hike will start and end at the Point Defiance Boathouse. Hikers will go up through the Japanese Garden, uphill around the zoo and connect with the square trail. We will lunch at the picnic shelter at the Gig Harbor overlook then continue following the square trail down to Owen Beach. The last leg of the loop will follow the level sea wall promenade back to the boathouse. This hike has one significant but not steep uphill and one fairly steep downhill. Otherwise the trail rolls up and down. There will be spectacular views of the Narrows, West Passage, and Commencement Bay. Expect some roots, rocks, and muddy spots.

Nov 14 F 9a- 3:30p \$10/\$13 42190

Grand Ridge Trail

Miles: 6 Rating: 2+

This in-and-out hike begins at the retention pond for a large residential development on the Issaquah Highlands. Within a few hundred feet hikers are in the woods and unaware of the nearby houses. The trail has some ups and downs as it proceeds through mixed forest and wetlands. At one spot we will be able to enjoy the multimillion dollar views from the summit of the highlands. Expect roots, rocks and some muddy patches.

Nov 21 F 9a- 3:30p \$10/\$13 42191

Hiker' and Walkers' Potluck

Miles: Varies

Hikers and walkers will share food and celebrate accomplishments at our annual December potluck. Rocky and his family open their home to us for this experience. Optional hikes will include a segment of the Snoqualmie Valley Trail before lunch and a hike through residential streets and greenbelts enjoying the spectacular views from Snoqualmie Ridge. Sign up for your food contributions at the front desk.

Dec 12 F 9:30a- 3p \$8/\$10 42192





Walks

Seward Park/Lake Washington Walk **Miles: 3**

Hikers and walkers unite for a joint experience. Together we will walk one of the trail loops at Seward Park. The trail winds through mixed forest and along the shore of Lake Washington. Following lunch walkers will have the opportunity to return to the senior center while hikers complete the second loop of Seward Park and walk along Lake Washington Boulevard to complete our 5 mile distance. The park trails are unpaved and may have exposed roots, rocks and muddy patches.

Nov 7 F 9:30a- 1:30p \$8/\$10 42193

PSE Trail/Gig Harbor **Miles: 3**

Walk along the power lines in Gig Harbor beginning at the north end of the trail. Stroll through rural spaces on this paved trail. There will be some ups and downs but no steep hills. Following your walk you have the opportunity to lunch out at one of the downtown eating spots including waterfront dining at the Tides Tavern.

Nov 18 T 9:30a- 2:30p \$8/\$10 42194

Snoqualmie Valley Trail **Miles: 3**

Walk along another segment of the lovely Snoqualmie Valley Trail. This walk will begin at a southeastern section of the trail and proceed along the Middle Fork of the Snoqualmie River. The trail is a level gravel surface. Following your walk you have the opportunity to lunch out at one of the North Bend restaurants including the North Bend Bar & Grill.

Dec 9 T 9:30a- 2:30p \$8/\$10 42195



First Timer?

New to the Hiking/Walking Program?

Destinations vary throughout the year. Hikes range from 4-8 miles; walks are up to 3 miles. If you are new to walks and hikes with the Auburn Senior Activity Center, please pick up a Hiking/Walking Manual from the front desk or online on our senior website, for full details about what to expect. Also, please bring water, a sack lunch (unless otherwise noted) and be prepared to stop for a snack on our return trip home.

Waiting List

If you want to be notified when a hike/walk isn't full, please register for the Class #28761 to be added to the email list.



Hike Ratings

- 1** Paved and/or smooth trail surface; no significant hills; no more than 5 miles.
- 2** Moderate; sometimes paved; some hills; may be over 5 miles.
- 3** Some difficult terrain; substantial hills and/or steps; elevation gain under 1,200 feet. Walkers with health problems should use caution.
- 4** Difficult; steep hills; may be poorly maintained or very irregular; over 1,200 feet elevation gain; may be over 5 miles. Walkers with health problems should use caution.

Special events

Holiday Grief Support Session

The Holiday Season often is a difficult time of the year for those who are in the midst of their grief journey. This support session will consist of education about how to cope with your grief during the Holiday Season and other special occasions; ideas for memorializing your loved one; a time of processing your grief; and a place to remember and honor your loved one with others who are moving through a similar road to healing. Please join us for this time of education and acknowledgment.

Please call 253.301.6400 to register. There is no charge for our groups. We do ask that you call ahead to register as there is limited space for each group.
Monday November 18, 2012 from 2-4p



Coming Soon!

Valentines Day Lunch

February 13

Income Tax Appointments

February- April

Special Luncheons

Birthday & Anniversary Celebrations

Are you celebrating a birthday or anniversary? We invite you to be seated, with your guests, at a special table where you will be treated to cake and ice cream and a special party favor. Couples celebrating 50 or more years of marriage will be treated to a free lunch. Sign up at the front desk to reserve your seat. When you sign up, let us know if you will have guests and how many. We will have flowers for our age 80 or over birthday celebrants and roses to couples celebrating 50 or more years of marriage, so be sure to tell us if you qualify.

Thursday, November 20 at 11:30 a.m.

Thursday, December 11 at 11:30 a.m.

\$3 suggested donation; \$6 for those under 60

Sponsored By:



Canterbury House

Special Events

Veterans Day Parade

Come out and celebrate Veterans Day in Auburn by watching the parade down Main Street. The parade boasts 200 units, including 20 marching bands, drill teams, flyover, honor guards, military marching units, veterans' units, floats, antique and Model T cars, military vehicles and jeeps, dogs, kids and much more. The parade starts at 11 a.m. at E Street and Main Street and travels west along Main Street to B Street NW

Nov 8 Sa 11a

Veterans Day Lunch

We will take time to honor those men and women who have served our country at lunch. Special tables are reserved for veterans and their guests. If you would like to be seated at a table of honor, sign up at the front desk. Please pre-purchase tickets. Cost: \$3 suggested donation \$6 for those under 60.

Nov 10 M 11:30a- 1p 42205

Pre-Thanksgiving Dinner

Our Pre-Thanksgiving is so popular; we have to offer two sittings. A turkey dinner with all the trimmings will be served. The smell of roasting turkeys will grace the Senior Center as Peggy, keeping with the holiday tradition, will roast the birds on site. Cost: \$3 suggested donation \$6 for those under 60. **To help in planning please purchase your tickets by November 18**

First Seating

Nov 25 T 11a 42174

Second Seating

Nov 25 T 1p 42175



Holiday Food Bank Drive

As with every December, the space under the Senior Center tree is reserved for donations to the Auburn Food Bank. Please contribute canned and non-perishable items. Why not take advantage of the December 4 and 5 Senior Savers Food Pantry and buy your donations there?

Holiday Bingo Party

Our regular bingo games will take on a party atmosphere. There will be holiday surprises in addition to the traditional green.

Dec 2 **T** **12:45-3:15p**

Deck the Halls

Help us bring the Holiday Spirit to the Senior Center with decorations and lights. Enjoy holiday music and goodies while participating in the annual Senior Center Deck the Halls Party. Many hands make for fast and easy work and a wonderful result. Please come and help. Sign up at the front desk.

Dec 3 **W** **1-4p**

Special Holiday Entertainment

The Auburn High School Jazz Choir will be here at lunch to perform. If you want to enjoy the full show please be in the lunchroom by 11:30.

Dec 8 **M** **11:30a-12p**

Volunteer Holiday Party

Free to volunteers and their guests. All Senior Center Volunteers are invited to this holiday party in their honor. Dessert, holiday activities, and more will be in store for all. We encourage you to bring a gift (purchased for around \$5, homemade or white elephant) for the gift exchange. This activity is always a highlight of the party. Didn't receive your personal invitation at home? If not, see Matt.

Dec 9 **T** **2-3:30p**

Holiday Dinner

It is time for our annual Holiday Dinner. Who knows, St. Nick may even stop by for a visit. Come join us for a ham feast. Cost: \$3 suggested donation \$6 for those under 60.

Please purchase your ticket by December 11 at the front desk.

First Seating

Dec 18 **Th** **11a** **42176**

Second Seating

Dec 18 **Th** **1p** **42177**

Lunch by Senior Center Staff

The regular lunch program has a holiday on December 24, so Senior Center staff and volunteers will be providing the lunch for the day. Join us for a hot meal. Cost: \$3 suggested donation.

Dec 26 **F** **12p**

New Year Celebration with Lunch

Help us ring in the New Year early with lunch and entertainment. Please purchase tickets by December 26 at the front desk. Cost: \$3 suggested donation \$6 for those under 60.

Dec 31 **W** **11:30a- 1p** **42178**

Coffee Hour with the Mayor and Councilmembers

The Auburn community is growing and changing daily. To help keep you up-to-date and informed on issues, join us at a monthly coffee hour featuring specific Council members or the Mayor as the speakers. Topics include committees, upcoming projects, or Auburn's role in King and Pierce Counties. This is your opportunity to speak directly to your elected officials. Coffee and cookies will be served.

Thursday, November 13, 10- 11 a.m.

Deputy Mayor Rich Wagner & Largo Wales

Thursday, December 11, 10- 11 a.m.

Mayor Nancy Backus & Wayne Osborn



Cheryl Sallee Art Gallery

November 3 – December 31

Showcasing the artwork of the talented Senior Center participants working in watercolor, acrylic and photography.

Classes and workshops

Fitness

Silver Sneakers - Healthways Membership

The Auburn Senior Activity Center is a Silver Sneakers site. This gives adults 65+ on Medicare with the following supplemental health plans AARP Medicare Complete by United Healthcare, Asuris NW Health, Group Health, Health Alliance Medicare, Humana, Premiera Blue Cross, Providence Health Plan, Regence Blue Shield of Washington and Soundpath Health; access to the following classes at the Senior Center for no cost. Silver Sneakers classes are available to all people age 50+ for a fee.
Instructor, Margie Willis.

Silver Sneakers – Healthways Member

2014	41578
2015	42173

Silver Sneakers Cardio

Get up and go with an aerobics class that's safe, heart-healthy and gentle on the joints. The workout includes easy-to-follow low-impact movement, and upper-body strength, abdominal conditioning, stretching and relaxation exercises designed to energize your active lifestyle. No class the week of November 24.

Nov 3-21	M,W,F	8:15- 9:15a	\$26/\$33	41974
Dec 1 -19	M,W,F	8:15-9:15a	\$26/\$33	42162

Silver Sneakers Classic

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a Silver Sneakers ball are offered for resistance. A chair is available if needed for seated or standing support. No class the week of November 24.

Nov 3-21	M,W,F	3:30- 4:30p	\$26/\$33	41827
Dec 1 -19	M,W,F	3:30-4:30p	\$26/\$33	42163

Silver Sneakers Yoga

Silver Sneakers Yoga will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity. No class on November 11 or 25.

Nov 4- Dec 16	T	3:30- 4:30p	\$26/\$33	41835
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Silver Sneakers Punch Card

This card will get you 10 visits at any of our 3 classes.

November	\$52/\$65	41980
December	\$52/\$65	41981

Please Note!
All program instructors hired by the Auburn Senior Activity Center are independent contractors and the responsibility for the curriculum of the class rests with the instructor.

How to Read Class Information

AARP Driver Safety ← Class name

This nationally acclaimed course provides senior-aged drivers an opportunity to learn how to drive more efficiently and safely. ← Description

Jan 6-Apr 21 T,W 10a-3p \$68/\$85 #31810

↓
Date(s)

↓
Class Day(s)

↓
Class Time

↓
Auburn Resident/Non-Resident Fee





Beginning Yoga

Beginning Yoga in the Viniyoga tradition relieves emotional stress, tones the body, achieves balance in body, mind and emotions. Class includes both standing and floor poses. Bring a yoga mat and blanket to class.

Instructor: Meng

Nov 5- Dec 17 W 6-7:15p \$57/\$71 41787

Intermediate Tai Chi

Students will start with gentle exercises and practice refining individual movements learned in the introduction class and gradually work into more advanced movements. Pre-requisite: Introduction Tai Chi or permission of instructor.

Instructor: Bortleson

Nov 17- Dec 15 M 6:15- 7:15p \$33/\$42 41783

Introduction to Tai Chi

Tai Chi students enjoy both mental and physical benefits including strengthening, flexibility and coordination. Students learn gentle exercises and the practice of individual movements. Instructor: Bortleson.

Nov 17- Dec 15 M 7:30- 8:30p \$33/\$42 41777

Dance

Zumba Gold

Latin dance style workout made for seniors. Lets dance off some Holiday calories, Zumba style music is fun, moves are simple and very repetitive you will be sweating before you know it. No class on November 11 or November 25.

Instructor: Willis

Nov 4-Dec 16 T 8:30- 9:30a \$26/\$33 41825

Line Dancing

Learn the joys of Line Dancing with Janie Redick. You will get some great exercise while having lots of fun. Wear lightweight comfortable clothes and leather soled-shoes(or shoes that are conducive to dancing). A water bottle is a good idea. Punch card can be carried over from one month to the next. No Class on November 13.

Instructor: Janie Redick

Nov 6-20 Th 2- 4p 41830

Dec 4-11 Th 2-4p 41831

Fee: 5 Visit \$26/\$33; 10 Visits \$47/\$59

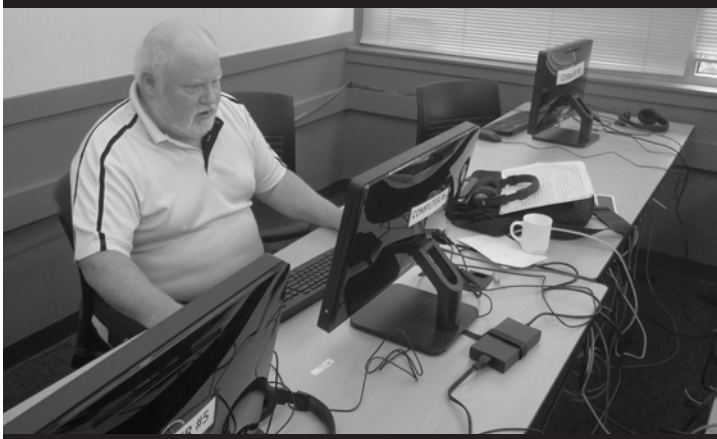
Country Music Fever

Join us for free music and dancing on the 2nd and 4th Wednesdays of the month from 10-11:30 a.m. If you like music and dancing you will enjoy this drop-in opportunity. See you there!



Classes and workshops

City of Auburn | Auburn Senior Activity Center



Computers

Computer Use

The computer lab at the Senior Center is available for drop-in use. Computer time is limited to 120 minutes per day. Please see the front desk for a code to use the computers. Headphones are located at each computer.

Open Hours

Monday-Wednesday: 8 a.m. - 9 p.m.

Thursday and Friday: 8 a.m. - 5 p.m.

Computer Tutoring

Do you have specific questions about how to use the Internet, Microsoft Word® or Excel®? Or have general questions about computers? Come drop by our open computer labs with tutor times?

Open Lab with Tutor (Subject to Change)

Mondays: 1:30-3:30 p.m.

Tuesdays: 10 a.m.-12 p.m. & 12-2 p.m.

Wednesdays: 10 a.m.-12 p.m.

Thursdays 10 a.m.-3 p.m.

Fridays: 10 a.m.-12 p.m.

Printing Fee

There is a fee to use the printer. You can purchase a printing card worth \$2.50 or \$5, or you can pay 10 cents per sheet, at the front desk for your printing convenience.

If you plan on downloading, creating or changing files of any type please bring a removable storage device, such as a disk or USB drive. **No personal files will be stored on the computers.** For your convenience CDs are for sale for \$1 each at the front desk.

Did You Know?

The King County Library in Auburn offers Computer Classes and up to 75 pages of free printing per week. Call 253-931-3018 for more information.

Academic

AARP Driver Safety

This nationally acclaimed course provides senior-aged drivers an opportunity to learn how to drive more efficiently and safely. Supported by the State, a reduction in auto insurance rates is mandated for individuals completing the course. Payment of \$20 is required the first day of class. AARP members will receive a \$5 discount if they have their membership card with the number. Make check payable to AARP.

Nov 17-18

10a- 3p

40551

Beginning Guitar

Want to be in a rock 'n' roll band? You'll need to learn to play guitar. We'll teach you basic chords and strumming techniques. Guitars are provided. If you have your own, that's cool too! Ages 10 and over.

Dec 4-Jan 22

Th

6-7p

\$41/\$52

41731

Intermediate Guitar

Do you know a couple of chords? Can you play a song or two? Join us for continuing guitar. It's open to teens and adults who want to be better pickers and strummers. Guitars are provided, however, you may bring your own. Ages 10 and over.

Dec. 4-Jan 22

Th

7-8p

\$41/\$52

41733

Spanish Study Group

Do you speak Spanish? Then we have a group for you. This group is meant for individuals who are interested in enhancing their language skills. Open to serious Spanish enthusiast who speak at an intermediate level. There is no charge to participate in the group.

Facilitator: Ron Kusunose.

Thursdays, 10 a.m.-12 noon

Book Club: Auburn Senior Readers & Friends Book

Join our monthly book club. All are welcome.

1st Tuesday of every month,
10 a.m. - 12 noon

Tuesday, November 4

"An Invisible Thread" by Laura Schroff & Alex Tresniowski

Tuesday, December 2

"A Week in Winter" by Mave Binchy

Art



Acrylic Painting

Take a journey with acrylics on the road to creativity. You will be guided in a fun class through the basics of this very versatile medium to achieve your goal of creating beautiful works of art. With 30 plus years of experience, Mary Wolfe will be your guide through the basics in a fun and lively class. Instructor: Wolfe.

Nov 10-Dec 15 M 9a-12p \$36/\$45 41992

Watercolor

Come experience the joy and beauty of watercolor painting. Learn traditional and experimental watercolor techniques and application. Class includes demonstration, individual assistance, discussion and critique. Instructor continually introduces new methods and projects to expand student's knowledge for watercolor painting, while developing ones own style. Beginners - Intermediate. Supply list provided upon registration. The first class for #41676 will be on Wednesday November 12. The following classes will be on Tuesday. Instructor: Iwasaki.

Nov 12-Dec 16 T 6:30- 8:30p \$42/\$53 41676

Nov 12-Dec 17 W 1- 3p \$42/\$53 41677

Nov 10-Dec 15 M 1- 3p \$42/\$53 41679

Bracelet Making Class

Let's have some fun together learning how to make beautiful bracelets, with multiple colors, different styles and designs. They will make a great gift for a friend or a gift for yourself. A \$5 fee is payable to the instructor the day of the class. Instructor: Lanette Tenma

Nov12 W 10-11a 42309



Holiday Card Making

You will have the opportunity to make 5 copies of 4 different cards for the holidays. A \$25 supply fee is payable to the instructor the day of the class.

Instructor: Candee Smith

Nov 19 W 9a-12:30p Free 42172



Daytime at a glance

FREE DAYTIME ACTIVITIES

Mah Jongg *(Wright Patterson AFB Rules)*

Mondays:

10 a.m. - 12 noon & 12:45-2:30 p.m.

Scrabble®

Mondays: 1-4:30 p.m.

Fridays: 1-4:30 p.m.

Canasta

Tuesdays: 9:30-11:30 a.m.

Bingo

1st & 3rd Tuesdays: 12:45-2:15

Sponsored by Brannan Park Retirement

Table Tennis

Tuesdays: 2-4:30 p.m.

Computer Tutor

Mondays: 1:30-3:30 p.m.

Tuesdays: 10 a.m.-2 p.m.

Wednesdays: 10 a.m.-12 p.m.

Thursdays: 10 a.m.-3 p.m.

Fridays: 10 a.m.-12 noon

Music & Dancing *(see page 13 for details)*

2nd & 4th Wednesday: 10-11:30 a.m.

Pinochle Parties

Tuesdays: 12:45-3:30 p.m.

Thursdays: 12:45-3:30 p.m.

No Pinochle Dates: Nov 11, 25, 27, Dec 18, 25

Contract Bridge

Fridays: 10 a.m. - 12:30 p.m. & 12:45-3 p.m.

Monthly Book Club

(see page 14 for book choices)

1st Tuesday: 10 a.m.-12 noon

Free Movies

Wednesdays: 1 p.m. & 4:30 p.m.

Pool

The Pool Room is open Monday-Friday for drop-in play;

Friday tournaments 12:45 p.m.

1st Wednesday Scotch Doubles 12:45 p.m.

Gone to the Movies

Wednesdays: 1 p.m. & 4:30 p.m.

The Senior Activity Center is licensed to show free movies. Please join us for movies recently released to DVD and an occasional classic.

Movies and Refreshments Sponsored by:



NOV 5 Heaven is for Real

(Rated PG for thematic material) A small-town father must find the courage and conviction to share his son's extraordinary, life-changing experience with the world starring Greg Kinnear. 1hr 39mins.

NOV 12 Mandela: Long Walk to Freedom

(Rated PG-13 for violence, disturbing images, sexual content and brief strong language) A chronicle of Nelson Mandela's life journey from his childhood in a rural village through to his inauguration as the first democratically elected president of South Africa starring Idris Elba. 2hrs 11mins.

NOV 19 The Grand Budapest Hotel

(Rated R for language, some sexual content and violence) The adventures of Gustave H, a legendary concierge at a famous hotel from the fictional Republic of Zubrowka between the first and second World Wars, and Zero Moustafa, the lobby boy who becomes his most trusted friend starring Ralph Fiennes. 1hr 40mins.

NOV 26 The Lone Ranger

(Rated PG-13 for intense action and violence) Native American warrior Tonto recounts the untold tales that transformed John Reid, a man of the law, into a legend of justice. Starring Johnny Depp. 2hr 29mins.

DEC 3 The Grace Card

(Rated PG-13 for violence) Everything can change in an instant...and take a lifetime to unravel. Every day, we have the opportunity to rebuild relationships by extending and receiving God's grace. Offer The Grace Card, and never underestimate the power of God's love starring Michael Joiner and Louis Gossett Jr.. 1hr 41mins.

DEC 10 It's a Wonderful Life

DEC 10 It's a Wonderful Life

(Rated PG) An angel helps a compassionate but despairingly frustrated businessman by showing what life would have been like if he never existed starring James Stewart. 2hrs 10mins.

DEC 17 The Robe

(Rated PG) Marcellus is a tribune in the time of Christ. He is in charge of the group that is assigned to crucify Jesus. Drunk, he wins Jesus' homespun robe after the crucifixion. He is tormented by nightmares and delusions after the event. Hoping to find a way to live with what he has done, and still not believing in Jesus, he returns to Palestine to try and learn what he can of the man he killed starring Richard Burton. 2hrs 15mins.

DEC 24: No Movie

DEC 31 Jack Ryan: Shadow Recruit

(Rated PG-13 for violence, action, and language) Jack Ryan, as a young covert CIA analyst, uncovers a Russian plot to crash the U.S. economy with a terrorist attack starring Chris Pine and Kevin Costner. 1hr 45mins.



No extended hours on
December 24 and 31.

Monday Social Dinners

2nd Monday of Each Month: 4:45-5:30 p.m.

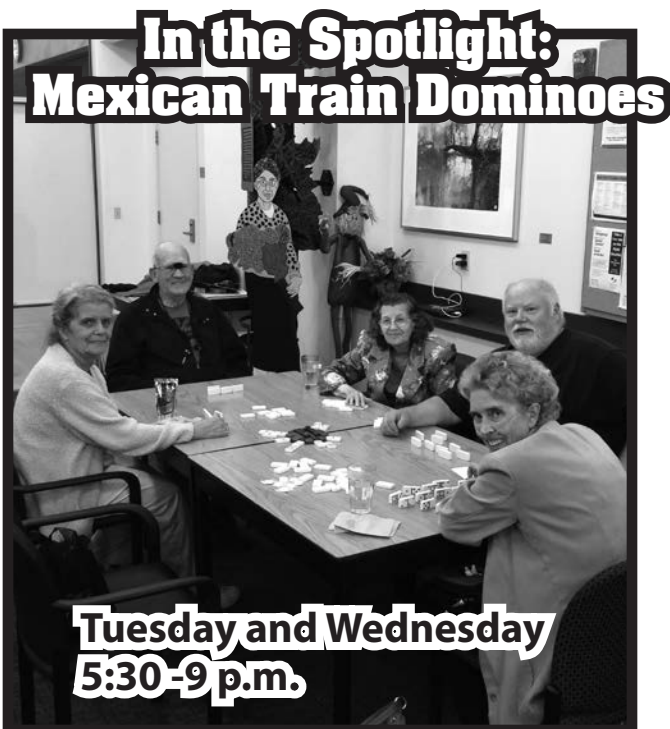
Join us once a month for a delicious dinner. Leave the cooking to us and support the Wellness Team. Why not bring the whole family? All ages are welcome. To aid in planning, please pre-register by calling or stopping by the front desk. Cost is \$6 per person.

Monday, November 10:

Chili/chili dog, corn bread, caesar salad, dessert.
Course # 41969

Monday, December 8

Meat lasagna, bread stick, mixed vegetable, chopped salad, dessert.
Course # 41970



FREE EVENING ACTIVITIES

The Auburn Senior Activity Center is open for evening hours Monday–Wednesday from 5–9 pm. Please join us for an evening of fun activities, play pool, use the computer, or simply relax and read a book by the fire.

Pinochle Parties

Mondays: 5:45-9 p.m.

Mexican Train Dominoes

Tuesdays: 5:30-9 p.m.
Wednesdays: 5:30-9 p.m.

Movies

Wednesday: 4:30 p.m.

Computer Lab

Open for drop-in use
Mondays: 5-9:00 p.m.
Tuesdays: 5-9:00 p.m.
Wednesdays: 5-9:00 p.m.

Pool

Open for drop-in play
Mondays: 5-9 p.m.
Tuesdays: 5-9 p.m.
Wednesdays: 5-9 p.m.

Pool Tournaments

Mondays: 6-9 p.m. (sign up by 5:45 p.m.)
1st Monday: Mixed Doubles 8-Ball
2nd Monday: Ladies 8-Ball
3rd Monday: Mixed Doubles 9-Ball
4th Monday: Ladies 9-Ball

Food and meals



Weekday Lunch Program

The Auburn Senior Activity Center hosts a weekday lunch program on site that is operated and managed by Catholic Community Services. Chef Peggy serves delicious, cooked from scratch, balanced meals in a welcoming dining room setting. All meals meet one-third recommended daily allowance for persons 60 years of age and older. Lunch is held Monday-Friday.

11:00 am - Registration Table Opens
11:30 am - Salad Bar Opens
12 noon - Entrée Served

Menu & Prices:

Entrée of the day:

\$3 suggested donation age 60 or over
\$6 under age 60

Salad Bar:*

Small side salad is included with your entrée
\$1 for a salad bowl
\$3 for a lunch plate-Entrée salad
* Single trip through.

All options include milk and coffee

Eat at the Center often? Age 60 or over?
Take advantage of a pre-purchase punch card!
5 meals: \$15 suggested donation
10 meals: \$30 suggested donation
20 meals: \$60 suggestion donation

The salad bar is supported by the City of Auburn Human Services, Canterbury House and Mike and Sharon Schooley. Personal donations are always accepted.



Coffee Bar

Coffee, tea, hot chocolate and spiced cider.

Suggested Donation:

.50 per cup
.75 per mug
\$1.00 per large travel mug
.75 bottled Water

Punch cards are available - 10 punches for \$5. Purchasers receive a free cup of preferred beverage for each punch card filled. While on duty, baristas punch cards for each cup. The Honor System is in effect for cash or punch cards during self-serve hours. Mini-Punch cards are available for those wanting to give or use single to 5-cup punch cards.

Assorted snacks available for 75 cents.

Meals on Wheels

Eligibility: 60 and over, and homebound (most days)

Cost: Suggested donation of \$3 per meal

Delivery: Weekly on Friday mornings
Seven frozen meals per order for delivery.

Nutrition Supplements

(Variety of Ensure® products)

Eligibility: 60 and over and homebound (most days).

The cost varies by product. We deliver weekly on Friday.

For details and/or applications, call Matt at 253-931-3016. Pierce County call 253-474-1200. or go directly to Senior Services at www.seniorservices.org/foodassistance/MealsonWheels to submit an application on line.



Senior Savers Pantry

It is hard to believe that the holidays season is almost here. The days are shorter and we start thinking about our Thanksgiving, Hanukkah and Christmas traditions. Before we share a wonderful holiday recipe we would like to clear up a misconception. Recently we have had Senior Center visitors who have told us they would love to shop at the Pantry but they think it is only for low income seniors or seniors on a limited income. Please note that the Pantry is for **EVERYONE** who is 50 years or older. The Pantry was started many years ago as a service for **ALL** seniors and has grown over the years.

How do we have such great prices? We purchase items in bulk and a wonderful group of volunteers re-package the products in smaller sizes which makes the cost much lower on spices, cereals, beans, rice, pasta etc. Our can goods are bought by the case so we can pass the savings on to you. Our cheese selection is great (we have over 50 varieties) and purchased at wholesale prices so you can save 40 to 60 percent over the retail store price. We carry the same brands that you will find in your local market.

Come visit the Pantry and say hello. Look around, pick up a few new spices and try one of our delicious recipes we always have available. We bet you'll find a bargain or two. Wishing you and yours a wonderful holiday season. June, Keith, Lynn, Barb M, Barb S. Joanie, Ron, Linda, Sue, Bruce, Barb V, Jerry, Sharon, Joann S, Carol, Robert and JoAnne

Thursday, November 6, 9am-1pm

Friday, November 7, 9am-12 noon

Thursday, December 4, 9am-1pm

Friday, December 5, 9am-12 noon

Thursday, January 8, 2015, 9am-1pm

Friday, January 9, 2015, 9am-12 noon



Volunteers

Senior Center Advisory Council

The Senior Center Advisory Council is a diverse group of Center participants who meet with staff monthly to brainstorm ideas on center operations and services, review Wishing Well suggestions, brainstorm solutions to problems, etc. Current minutes and Wishing Well suggestions are posted on the Advisory Council Bulletin Board. Check it out. Meetings are the third Tuesday of each month at 10:00 a.m. All are welcome.

Tuesday, November 18 at 10 a.m.

Tuesday, December 16 at 10 a.m.

Volunteer News

Birthday Treat for volunteers!

If you volunteered at least five hours at the Senior Activity Center the month prior to your birthday, you will receive a complimentary, regular lunch certificate through the mail. Have we missed you or a friend? Let Radine know. You may use your certificate for the birthday celebration or for any lunch during the month of your birthday.

Holiday Needs

Please sign up at the front desk.

Turkey Carvers Tuesday November 25

Holiday "Elves"- help decorate the center on Wednesday December 3, 1-4 p.m.



Volunteer Opportunities

Below are some of the current volunteer needs at the Auburn Senior Activity Center. Where might your time and talents fit? Stop by or call for an appointment with Radine to learn more.

Respite/Adult Day Care:

2nd and 4th Tuesdays and/or every Friday, 10 a.m. – 3 p.m.
Assists staff in providing companionship, activity support and assistance to participants and families.

Noon Meals: Weekdays, 10 a.m. – 2 p.m.

Many different opportunities including but not limited to dining room set-up, lunch registration, meal preps, salad bar prep, dishes, clean up

Senior Savers Pantry: 1st W-F, monthly, 9 a.m. – 1 p.m.

Package, divide, set up and sell food.

Meals on Wheels: Days and times vary according to duties

Options: Prepare and pack meals, deliver meals to participants.

Meals on Wheels Office Coordinator:

Organize forms for meals delivered and new orders in preparation for placing order for following week's meals distribution; prepare deposit.

Barista: Weekdays, 8:30 a.m. – 12 p.m. or 12-3 p.m.

Make and serve coffee and other beverages. Visit with customers.

Office Volunteer:

Weekdays, 8 a.m.–12:30 pm or 12:30 – 4:30 p.m.

Provide general assistance to the center and its participants with clerical support, computer registration, multi-line phones, assist with special projects.

Host/Hostess: Weekdays, 9 am – 12 p.m. or 12-3 p.m.

Greet participants, get people to register, give directions and center tours.

Health and wellness

Wellness Team

Wellness Team Meetings

The Auburn Senior Wellness Team supports the Senior Activity Center by providing a monthly social dinner, offering an annual wellness fair, and by volunteering at a variety of community special events. They meet once a month on the first Tuesday at 9:30am. See Rocky for more information.

Foot Care

Foot Care provided by Karen's Foot Care

A licensed Nail Care Technician, Karen Poppleton has provided foot care at the Center for over 10 years. You must bring a towel to the appointment. You can make a foot care appointment up to four months in advance. Call the Center to book an appointment or book your next appointment with your nail care technician at the time of service. Do you need a scholarship for foot care? Ask your foot care provider.

Mondays: By Appointment Only

Call 253-931-3043

Fee: \$27

Blood Pressure Screenings

Cantebury House offers free blood pressure checks at the Senior Center each month.

Monday, November 24, 11 a.m.- 12 p.m.

Monday, December 29, 11 a.m.-12 p.m.



Massage

Leslee Jo provides therapeutic massage by appointment at the Auburn Senior Activity Center. She has 25 years of experience as a Massage Therapist. Experience the benefits that therapeutic massage has to offer. Massage is proven to improve your overall health and may decrease chronic pain. Appointments for the next four months can be made at the front desk.

Tuesdays: By Appointment Only

Fridays: By Appointment Only

Fee: \$20 for 15 min., \$33 for 30 min. and \$53 for 60 min.

Dental Services

Taking good care of your teeth and gums is important for your mouth, your overall health and self esteem. Darcy Spencer-Wenger, a dental hygienist, from *Healthy Smiles* is at the Center the 3rd Thursday and Friday of each month to offer her services. Services include: full scale teeth cleaning, cleaning of dentures and partials, application of fluoride varnish, assessing oral health, measuring the gum pockets, oral hygiene instruction, and referrals to local dentists and specialists. Please call for an appointment. You must be over age 50 to use this service.

Thursday, November 20 & Friday, November 7

Thursday, December 18 & Friday, December 19

By Appointment Only

Fee: \$77

Health services include foot care, seasonal flu shots, blood pressure screenings, massage, dental services, and more.

Support services for seniors

Auburn Respite Care Program

This is an adult day care that meets the second and fourth Tuesday from 10 a.m. - 3 p.m. and every Friday from 10 a.m. - 3 p.m. at the Auburn Senior Activity Center. Caregivers are able to bring family members with Alzheimer's, Parkinson's, stroke or frail health for a day of socialization, companionship, music, activities and lunch. Volunteers at the program provide one-on-one care for the seniors participating in the program.

For those seniors who are unable to utilize the senior center on their own and have special needs, the Respite Program may be just what you're looking for. Call Sheila Pankratz at 253-875-9163 for more information. There is a nominal fee, which may be negotiated upon request. We're always looking for new volunteers too.



Loan Closet & Library

Need a walker, cane, wheelchair, bath chair or crutches for a short time? Check at the Senior Center; we have some to lend.

The Senior Center also offers books and dvds for loan to seniors and always appreciates book and movie donations.



Community Support Groups

Alzheimer's Association Support Group

Caring for someone with memory loss? Alzheimer's Association caregiver support groups provide a consistent and caring place for people to learn, share and gain emotional support from others who are also on a unique journey of providing care to a person with memory loss. A free information and support group for unpaid care partners, family members and friends is held on the 1st Tuesday of each month from 12-1:30 pm at Church of the Nazarene, 1225 - 29th ST SE, Room 15, Auburn WA, 98002. For more information, contact the group facilitator, Val Brustad at 253-854-7658.

1st Tuesday of each month from 12-1:30 p.m.

Caregiver Support Group

Providing resources, education and support to family members and caregivers of those suffering from dementia and other illnesses.

Location: Multicare Auburn Medical Center, Cascade 1 Conference Room

Call 253-545-2813.

Free and open to the Community!

2nd Thursday of each month from 6:30-8:00 p.m.

Wise and Well Dinner Series

The Auburn MultiCare Hospital hosts a free dinner the last Thursday of each month from 4-5 p.m. Health topics will be different each month. Please RSVP by calling 1-800-485-0205. You need to call every month you plan to attend.

Senior Support Services

Senior Support Services: help when you need it

Give us a call regarding senior needs, the Center serves as a key information and referral site for seniors. We offer many support services, including information on subjects such as social security; wills; health insurance; and tax counseling. We also maintain a loan closet for lending medical equipment to those in need.

Senior Information and Assistance

Advocates have access to a database of over 7,000 community services and can provide information about a number of available services for King County seniors.

206-448-3110

1-888-435-3377 King County only

1-800-562-0332 Pierce County only

Need help but don't know where to turn?

Dial 2-1-1 to be connected with the most comprehensive information on health and human services available to King County residents. 211's Information and Referral Specialists are experts in understanding the eligibility requirements of many human service systems. They are experts on food, shelter, housing, rent and utility assistance, legal assistance, financial assistance, governmental assistance programs, health care, employment, education and family support programs. Whatever your questions, call us so they can help.

Veteran Services

The King County Veterans Program provides information and assistance in obtaining county, state and federal veterans benefits, programs and services. This includes VA medical benefits, financial assistance programs, referral to other agencies for housing, employment, life stability, and more. Contact Joel Estey, 206.612.2816 to schedule an appointment at the Auburn Senior Activity Center.

The Veterans of Foreign Wars provide a service officer on site at Auburn Senior Activity Center to assist eligible veterans, and surviving spouses/family members in applying for Federal Veterans Administration benefits. This includes service-connected disability benefits, surviving spouse benefits, burial benefits and Aid and Attendance Benefits for the disabled and elderly. To schedule an appointment contact Cindy Kartes, VFW, at 253.205.5883.

Hyde Shuttle

The Hyde Shuttle is a free neighborhood van service for seniors age 50 and older and people with disabilities living in Auburn. You can ride anywhere within the city limits. Sign up by phone, no forms to fill out, lift-equipped vehicles, call up to 30 days in advance, donations welcome. Call 206 727 6262 to make your reservation.

Senior Rights Assistance Program - Estate Planning Information

Diana Paris, SRA volunteer, is trained to provide guidance and information in the following areas: wills, power of attorney, living will, living trust, community property agreements, and/or probate. Call for an appointment, available once a month, on the third Wednesday.

Wednesday, November 19

Wednesday, December 17

Statewide Health Insurance Benefits Advisors (SHIBA)

Chuck Wright, trained SHIBA volunteer, provides guidance and information in the following areas: Medicare, Medigap, Medicaid, long term care insurance, and group insurance. Call for an appointment, available once a month.

Thursday, November 6, 13, & 20

Thursday, December 11

King County Metro-Orca Card

If you are 65 years or older, you can receive your Regional Reduced Fare Permit as part of your Orca card for \$3 at Auburn Senior Activity Center. If you are under the age of 65 you can purchase an Orca Card when Metro is present at the Center. King County Metro is typically at the Center on the third Wednesday of the odd numbered months from 9:30-10:30am. Orca Cards can be reloaded here at the Senior Center when the Orca representatives are present or anytime at the Auburn Safeway. Please call the Senior Activity Center to confirm the date.

November 19, 9:30-10:30 a.m.

Humane Society's Senior Pet Food Program

Through this program free pet food is delivered to our Senior Center. For more information and to sign up to participate, call the Senior Center at 253-931-3016.



Our brochure is available to be mailed for annual fee of \$12. Please call or stop by the front desk if you would like to have it mailed to you.

General information



Mayor
Nancy Backus

City Council

Claude DaCorsi
John Holman
Wayne Osborne
Bill Peloza
Yolanda Trout
Richard Wagner
Largo Wales

Park & Recreation Board

Richard Artura
Joe Bauman
Greg Dobbs
David Domenowski
Vicki Gilthvedt
Michael Hassen
Laura Keim

2014-2015 Senior Center Advisory Council

Gerty Chase
Cherie Cook
Annie George
Jim Granquist
John Grasby
Barbara Malesis
Edna Pelletier
Carol Riddle
Rose Wiemes
Robert Carney
Ethel Craven-Sweet
Bruce Kolsky
Charlee Olim
Amy Pethram
Margaret Pullar
Dee Taylor
Leonard Timmons

Parks, Arts & Recreation Department

Daryl Faber, Director

Auburn Senior Activity Center Staff

Radine Lozier

Senior Center Supervisor

Rocky Kirwin

Recreation Coordinator

Matt Davis

Recreation Specialist

Janet Koch

Office Assistant

Jessica Wiest

Facility Assistant

Peggy Strain

Nutrition Site Manager
Catholic Community Services

Useful Phone Numbers

Auburn Senior Activity Center:.....253-931-3016

Auburn City Hall.....253-931-3000
Auburn Golf Course.....253-833-2350
Auburn Food Bank.....253-804-5696
Auburn Housing Repair.....253-931-3090
Auburn Library.....253-931-3018
Auburn Parks, Arts & Recreation.....253-931-3043
Auburn Police (Non-emergency).....253-288-2121
Auburn Valley Humane Society.....253- 249-7849
 Non -Emergency Animal Control253-931-3062
Basic Cable Service Discount 253-931-4753 x2
Energy Assistance..... 1-800-348-7144
Free Legal Services.....206-267-7070
Property Tax Deferral Program206-296-3920

Senior Information & Assistance

King County.....206-448-3110
Toll Free King County only..... 1-800-435-3377
Toll Free Pierce County only 1-800-562-0332
Social Security 1-800-772-1213
Transportation
 Access.....206-205-5000
 Hyde Shuttle.....206-727-6262
 King County Metro206-553-3000
 Volunteer Transportation.....206-448-5740
Volunteer Chore Services 1-888-649-6850
White River Valley Museum253-288-7433



Follow the Auburn Senior Activity Center on **FACEBOOK** to keep up to date on all of the Center happenings.

Auburn Senior Activity Center
808 9th St SE, Auburn, WA 98002
253-931-3016
www.auburnwa.gov/seniors

Registration info.

4 FOUR WAYS TO REGISTER



Online You're First in Line

Online Registration: Fast, Convenient and No Extra Fees
www.auburnwa.gov/play

Please Note

Payment must be made when registering on-line, in person, by telephone, or by mail.

First Day of the "New Brochure Month" Registration Procedures:

- Walk-in, online and telephone registrations begin at 8:30 a.m. (number distribution begins at 8 a.m.)
- You may register yourself and two others for any activity, class, trip, special event, etc.
- The number system will be used for all walk-in and telephone registrations.
- Walk-in registrants may leave a completed form with attached number and check or credit card information or they may wait until their numbers are called and pay with cash as well.
- Telephone registrations will be assigned a number in the order in which the call is received beginning at 8:30 a.m.
- Registrants need to be patient; the number of registrations is heavy on the first registration day of the month in which the bi-monthly brochure is released.
- Mail In registrations will be processed after noon on the first working day of the registration month or the day received thereafter.

Refund/Credit Policies for Trips and Classes:

Following are summaries of refund/credit policies adopted by the Park Board. These policies will be in effect when participants cancel trips, hikes or classes. See Senior Center Supervisor with questions.

*For activities with a fee of **more** than \$5, a \$5 administrative fee will be charged if the person wants a refund check sent to him/her. For activities with a fee of **less** than \$5, credit will be placed on the individual's account for use toward the cost of a future activity. There will be no administrative fee charged for credits left on account or for credits transferred to another activity.

*Cancellations for any fee program must be made at least three (3) business days prior to the start of the program.

*Refund requests made after the activity has begun, due to illness or injury, must be made in writing and may be granted on a prorated basis when possible. Senior Center Supervisor must approve requests.

*If a participant is not satisfied with a class scheduled to meet four (4) times or more, he/she may, in writing, identify his/her concerns and request one of the following:

Repeat class at no additional cost.

Receive credit that may be applied to another activity.

Receive a refund with no administrative charge.

The written request must be received before the third scheduled session of the activity and must be approved by Senior Center Supervisor. This policy applies to programs except trips and tours, outdoor programs and all adult and youth team sports leagues.

1.



ONLINE:

Auburn at Play

On-Line visit

www.auburnwa.gov/play for 24-hour convenience to register with VISA/MasterCard.

2.

WALK IN:

Walk in registrations will be processed Monday through Friday, 8 a.m.-5 p.m. at the Senior Activity Center except on the first working day of the month. On the first working day of the month, we start assigning numbers on site at 8 a.m. See procedures at left.

3.



PHONE IN:

Telephone registration and sign-up for services will be accepted Monday through Friday, 8 a.m.-5 p.m.

253-931-3016

4.



MAIL IN:

Registrations will be processed after noon on the first working day of the registration month or the day received thereafter.

AUBURN SENIOR ACTIVITY CENTER REGISTRATION FORM



Participant Last Name		First Name	
Spouse Last Name (if applicable)		First Name	
Address		City	Zip
Home Phone (include area code)		Cell Phone (include area code)	
Email Address			
Participant Birthdate (MM/DD/YYYY)	Gender <input type="checkbox"/> Male <input type="checkbox"/> Female	Spouse Birthdate (MM/DD/YYYY)	Gender <input type="checkbox"/> Male <input type="checkbox"/> Female

ACTIVITY NAME & PARTICIPANT NAME	BARCODE NO.	ACTIVITY FEE
1.		
2.		
3.		
4.		
5.		
6.		
7.		

PAYMENT INFORMATION		PAYMENT TYPE: <input type="checkbox"/> CHECK/CASH <input type="checkbox"/> VISA <input type="checkbox"/> MASTERCARD
NAME ON CARD		TOTAL DUE \$
VISA or MASTERCARD NO.		EXP. DATE (MM/YY)

Over 18 Participant Signature required –
 I am eighteen years of age or older, fully competent and I desire to participate in the City of Auburn's sponsored recreation activity of the above named activity(ies). I am fully aware of the fact that there are special dangers and risks inherent in this activity, including, but not limited to, the risk of serious physical injury, death or other harmful consequences that may arise or result directly or indirectly to me from my participation in this activity. Being fully informed as to these risks and in consideration of my being allowed to participate in the City of Auburn's sponsored activities and/or use of facilities, I hereby assume all risk of injury, damage and harm to myself arising from such activities or use. I also hereby individually and on behalf of my heirs, executors and assigns, release and hold the City of Auburn, its officials, employees, volunteers and agents harmless, and waive any right of recovery that I might have to bring a claim or a lawsuit against them for any personal injury, death or other consequences occurring to me arising out of my voluntary participation in this activity. I grant the City of Auburn the right and permission to use or copyright, and re-use, publish, or re-publish photographic pictures, video, electronic images or other reproduction taken during classes for publicity purposes by the Auburn Parks, Arts & Recreation Department.

Signature	Date
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Auburn Senior Activity Center

PRE-THANKSGIVING DINNER

First Seating: Tuesday, November 25 at 11:00 a.m. | #42174

Second Seating: Tuesday, November 25th at 1:00 p.m. | #42175

Cost: \$3 for ages 60+ | \$6 for those under age 60

Our Pre-Thanksgiving is so popular, we have to offer two sittings! A turkey dinner with all the trimmings will be served. The smell of roasting turkeys will grace the Senior Center as Peggy, keeping with the holiday tradition, will roast the birds on site.



To help in planning, please purchase your tickets by November 19

HOLIDAY DINNER



First Seating: Thursday, December 18th at 11:00 a.m. | #42176

Second Seating: Thursday, December 19th at 1:00 p.m. | #42177

Cost: \$3 for ages 60+ | \$6 for those under age 60

It is time for our annual Holiday Dinner. Who knows, St. Nick may even stop by for a visit. Come join us for a ham feast!

Please purchase your ticket by December 11th at the front desk.



New Year Celebration

with lunch



Wednesday, December 31
11:30 a.m. - 1:00 p.m. | #42178

Cost: \$3 for ages 60+ | \$6 for those under age 60

Help us ring in the New Year early with lunch and entertainment by Joey Jewel.

Please purchase your ticket by December 23 at the front desk.

**REGISTRATION STARTS
NOVEMBER 3**

Auburn Senior Activity Center
808 Ninth Street SE, Auburn, WA 98002
253-931-3016 | auburnwa.gov/seniors

AUBURN
MORE THAN YOU IMAGINED